



Level" Nov 132 (Reflections)

ACTH Feb 48

ADA affiliates

California Nov 29

Florida Aug 56; Oct 18

Georgia Aug 56

Idaho Oct 47

Massachusetts Aug 56

Michigan Aug 55

Minnesota Oct 48

Missouri May 67; Oct 10

(Mail Call)

New Jersey Aug 56

Ohio Aug 55; Oct 47

Oklahoma Aug 56

Oregon Nov 18

South Carolina Oct 47-48

Texas Aug 56

Wisconsin Aug 56

ADA chapters

Los Angeles Nov 29

ADA New Nutrition Recommendations and Principles Dec 20-23

ADA Nutrition Recommendations for People with Diabetes Mellitus Dec 20-23

ADA Position Statement on Health Care Reform Jun 66-72

ADA programs

American Diabetes Alert Mar 53, 60-61; Aug 55-56

Diabetes Assistance and Resources (DAR) program Jan 71-72; Feb 55-56; Sep 59; Oct 16-18

Diabetes Information and Action Line Feb 56

Holiday Sales Program Jan 72; Aug 49-52

National Achievement Awards Nov 105-108

National Diabetes Month Jan 71; Nov 32, 59

National Standards for Diabetes Patient Education Programs March 53; Jul 65

Neighborhood Check for Diabetes Mar 53; Oct 48

TellAmerica campaign Feb 56

Tour de Cure Apr 45

Youth Leadership Congress Jul 65

ADA publications; Oct 73-75

Diabetes Day-by-Day Jul 57-60

The Fitness Book: For People with Diabetes Apr 26-31

Necessary Toughness May 66-68

ADCOCK, DONNA May 16-19

"Add Verve with Herbs" Mar 40-44

Advocates for Highway and Auto Safety Feb 12

Age Sep 24

AICR Nutrition Hotline Apr 12

Air Dec 12

Air bags Nov 12

Alcohol use and auto accidents Mar 12

"All About Insulin" Aug 57-59

"Always Thinking" Jun 132

(Reflections)

"The Amazing Candi Deer"

Aug 49-50

American Academy of Allergy and Immunology Apr 12

American Academy of Ophthalmology Nov 32, 59

American Association for Retired Persons Mar 12

American Association of Diabetes Educators Nov 12, 60

American Association of Radio Reading Services May 12

American Cancer Society Mar 28; Jul 13; Oct 48

American Heart Association Mar 28; Oct 48; Nov 60

American Lung Association Mar 28; Oct 48

American Occupational Therapy Association, Inc. Jul 13

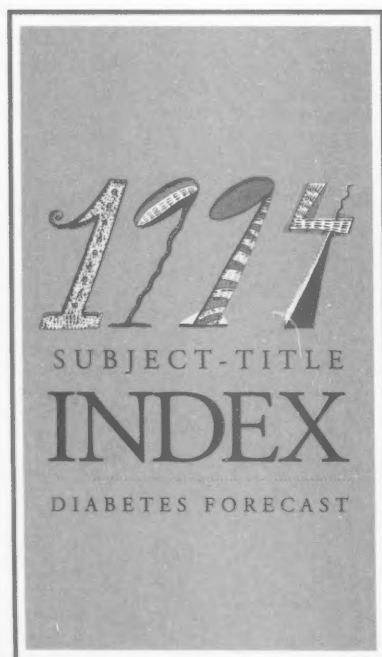
American Optometric Association Nov 32, 59

American Orthopaedic Foot and Ankle Society Apr 13

American Red Cross Feb 8-10 (Mail Call)

American Sign Language Jan 49

American Volkssport Association Dec 13





bove Sea

Level" Nov 132 (Reflections)

ACTH Feb 48

ADA affiliates

California Nov 29

Florida Aug 56; Oct 18

Georgia Aug 56

Idaho Oct 47

Massachusetts Aug 56

Michigan Aug 55

Minnesota Oct 48

Missouri May 67; Oct 10

(Mail Call)

New Jersey Aug 56

Ohio Aug 55; Oct 47

Oklahoma Aug 56

Oregon Nov 18

South Carolina Oct 47-48

Texas Aug 56

Wisconsin Aug 56

ADA chapters

Los Angeles Nov 29

ADA New Nutrition Recommendations and Principles Dec 20-23

ADA Nutrition Recommendations for People with Diabetes Mellitus Dec 20-23

ADA Position Statement on Health Care Reform Jun 66-72

ADA programs

American Diabetes Alert Mar 53, 60-61; Aug 55-56

Diabetes Assistance and Resources (DAR) program Jan 71-72; Feb 55-56; Sep 59; Oct 16-18

Diabetes Information and Action Line Feb 56

Holiday Sales Program Jan 72; Aug 49-52

National Achievement Awards Nov 105-108

National Diabetes Month Jan 71; Nov 32, 59

National Standards for Diabetes Patient Education Programs March 53; Jul 65

Neighborhood Check for Diabetes Mar 53; Oct 48

TellAmerica campaign Feb 56

Tour de Cure Apr 45

Youth Leadership Congress Jul 65

ADA publications; Oct 73-75

Diabetes Day-by-Day Jul 57-60

The Fitness Book: For People with Diabetes Apr 26-31

Necessary Toughness May 66-68

ADCOCK, DONNA May 16-19

"Add Verve with Herbs" Mar 40-44

Advocates for Highway and Auto

Safety Feb 12

Age Sep 24

AICR Nutrition Hotline Apr 12

Air Dec 12

Air bags Nov 12

Alcohol use and auto accidents

Mar 12

"All About Insulin" Aug 57-59

"Always Thinking" Jun 132

(Reflections)

"The Amazing Candi Deer"

Aug 49-50

American Academy of Allergy and Immunology Apr 12

American Academy of Ophthalmology Nov 32, 59

American Association for Retired Persons Mar 12

American Association of Diabetes Educators Nov 12, 60

American Association of Radio Reading Services May 12

American Cancer Society Mar 28; Jul 13; Oct 48

American Heart Association Mar 28; Oct 48; Nov 60

American Lung Association Mar 28; Oct 48

American Occupational Therapy Association, Inc. Jul 13

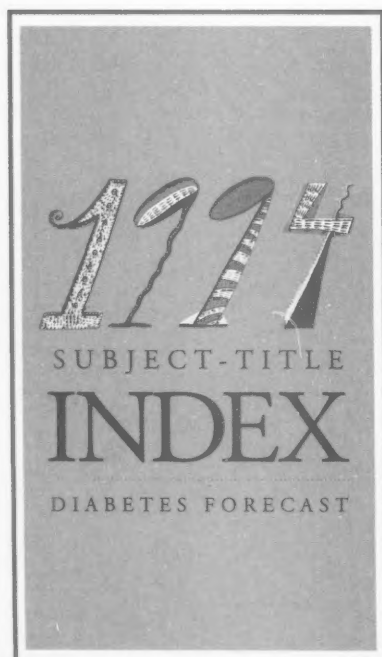
American Optometric Association Nov 32, 59

American Orthopaedic Foot and Ankle Society Apr 13

American Red Cross Feb 8-10 (Mail Call)

American Sign Language Jan 49

American Volkssport Association Dec 13



Americans with Disabilities Act
 Sep 59-60
 Amylin Dec 79
 Angiotensin-converting enzyme
 (ACE) inhibitors Dec 87
 APTA Two-Day Hotline Feb 12
 Arthritis Foundation May 13
 Ask Us
 blood-glucose meter accuracy
 Feb 65-67
 carpal tunnel syndrome Mar 65
 chemotherapy Mar 65-66
 chromium May 73
 drug interactions Jun 94
 ear infection Sep 77-78
 edema Nov 98
 exchanges Jun 93
 exercise Dec 74
 gaining weight May 73-74
 gastroparesis Jul 83
 glycohemoglobin Feb 67; Nov 97-98
 honeymoon phase Sep 78
 injecting and bleeding Dec 73-74
 insulin
 contamination Jul 81
 menstruation and Mar 65
 intertrigo May 73
 itchy skin Apr 66; May 73
 low blood pressure Nov 98
 oral contraceptives Apr 65
 phantom pains Feb 65
 pools, saunas, and blood glucose
 levels Dec 74
 protein Sep 78
 retinopathy and exercise Jun 93-94
 seltzer water Jun 93
 shoulder pain Dec 73
 sinus troubles Apr 65-66
 sunlight sensitivity Jul 83

vitamins and minerals Sep 77
 ASPENLAND, SARAH Jan 29
 Association of State and Territorial
 Directors of Public Health
 Education Nov 59
 Atypical diabetes Apr 20-24
 Auto travel Mar 38-41
 AVICENNA Dec 25
 Awards Nov 105-108
 Azathioprine Feb 18



BAKER, DYLAN
 Apr 47-48 (*Kid's Corner*)
 Bald eagle Jun 13
 Ballet May 16-20
 BANTING, FREDERICK Dec 26-27
 Basketball Nov 14-19
 Beans Aug 36-40
 BECKNER FAMILY Jul 20-21
 "Before It Starts" Feb 16-20
 BERNARD, CLAUDE Dec 26
 BEST, CHARLES H. Dec 26-27
 "The Best Exercise" Sep 46-50
 Beta cells Dec 79
 Bicycling Aug 42-47; Nov 6
 (Mail Call)
 Biofeedback Apr 60-61
 Biological clock Feb 47
 Black Americans Apr 20-24;
 June 84-87; Aug 78; Oct 95-97;
 Nov 85-87
 Blackfeet Indians Jan 29
 Blindness Nov 59
 Blindness Prevention Program Nov 34
 Blood donation Feb 8-10 (Mail Call)
 Blood glucose
 awareness Jul 24-28
 cold weather and Feb 39
 do pools and saunas affect? Dec 74
 (Ask Us)
 monitoring Feb 40-44; Apr 60;
 May 10 (Mail Call)

accuracy of Feb 65-67 (Ask Us)
 implantable meter Sep 25
 meter Oct 26-28
 products Oct 64-69
 Blood pressure Jan 38; Jul 80
 low Nov 98 (Ask Us)
 Boating Jun 63-64
 "Bobby Clarke: Skating at the
 Cutting Edge" Mar 16-19;
 Jul 10 (correction)
 BOERHAAVE, H. B. Dec 25
 BONILLA, HENRY Feb 79
 Book reviews
*Diabetes: Your Complete Exercise
 Guide* Sep 88
*Large Print Recipes for a Healthy
 Life* May 81-82
Quick and Easy Diabetes Menus
 Jun 103-104
*Sarah and Puffie: A Story for
 Children About Diabetes* Dec 71
Skinny One-Pot Meals Aug 87-88
Sweet Recovery May 82
 Boys & Girls Clubs of America
 Nov 12
 Brain, glucose and Jul 81
 "Brothers" Jul 48-52 (fiction-Kid's
 Corner)
 Budget Reconciliation Act Mar 31
 "Buen Appetito!" Oct 20-24
 Burn treatments Aug 14
 Butterball Turkey talk line Nov 43
 BUTTERFIELD FAMILY Jul 22
 Buyer's Guide Oct 51-92



-peptide Apr 23
 Caffeine Aug 15; Dec 12
 Calcium Jun 14
 Camping May 38-42
 Cancer pain Sep 12

Index Legend

Subjects
 "Article Titles"
 PEOPLE
 Publications/videos

SUBJECT-TITLE

index

Canoeing Jun 64
 Captopril Nov 59
 Carbohydrate May 45;
 recommendations Dec 22
 Cardiovascular disease Aug 72-74
 Care standards Jun 46-49
 Carpal tunnel syndrome Mar 65
 (Ask Us)
 CARROLL, ANDREA Sep 16-20
 Carrying cases Aug 10 (Mail Call);
 Oct 87-88
 "Celebrate the Season!" Dec 30-34
 Centers for Disease Control and
 Prevention Nov 59
 Chemotherapy Mar 65-66 (Ask Us)
 Cherokee Indians Jan 28
 Child Sep 26-30
 Chippewa Indians Jan 28
 Choice Magazine Listening May 12
 Cholesterol Jan 13, 38; Aug 73
 Chromium May 73 (Ask Us)
 "Cindy Rella and her Fairy Godbug"
 Apr 50-51, 54 (fiction-Kid's
 Corner)
 Circadian rhythm Feb 47
 CLARKE, BOBBY Mar 16-19;
 Jul 10 (correction)
 Clean Apr 49, 54 (*Kid's Corner*)
 Clean Air Council Dec 12
 Clinical Practice Recommendations
 Feb 56
 "Closing the Gaps in Medigap"
 Mar 30-34
 COBRA Dec 63
 Colds and flus Sep 40-45
 "Coming to America" Aug 20-22
 Computers Jul 6-8 (Mail Call)
 "Congratulations to the Quitters"
 Aug 64-65
 Consolidated Omnibus Budget
 Reconciliation Act of 1985
 (see COBRA)
 Contact lenses Jul 12

COOPER FAMILY Jul 19-20
 Cortisol Feb 48
 "Cracking the Code" Aug 60-62
 Cruises Mar 47-50
 Cyclosporin Feb 18



ancing Mar 36-39;
 May 16-20
 Data management systems Oct 65-68
 DAVIDSON, BILL Apr 16-19
 Dehydration May 41; Sep 45; Dec 39
 Delta Gamma Foundation Nov 59
 Depression Oct 13
 Dewey Decimal System Nov 65, 70
 (*Kid's Corner*)
 Diabetes
 atypical Apr 20-24
 brittle Dec 36-40
 disclosure of Nov 81-82
 education Sep 23-24; Nov 12
 feelings about Jun 28-31
 gestational Dec 77-78
 poverty and Nov 28-34
 small children and Nov 8 (Mail
 Call); Dec 8-10 (Mail Call)
 Diabetes and End-Stage Renal
 Disease Nov 59
 Diabetes Control and Complications
 Trial (DCCT) Jan 18; Feb 40;
 Mar 57; Jul 26; Aug 24-28;
 Nov 59
 Diabetes Day-by-Day
 genetics Jul 58-60
 insulin Aug 57-59
 teens Sep 52-56
 "Diabetes Dispatch" Jan 71-72;
 Feb 55-56; Mar 53-54; Apr 44-45;
 May 54-55; Jun 75-76; Jul 64-65;
 Aug 55-56; Sep 59-60; Oct 47-48;
 Nov 59-60; Dec 67-68
 "Diabetes in the Media: Good News
 or Bad News?" Nov 22-26
 "Diabetes on a Shoestring Budget"
 Nov 28-34
 "Diabetes on the Front Line"
 Jun 20-26
 Diabetic (use of term) Jan 8-10
 (Mail Call); Jun 10 (Mail Call);
 Jul 66; Nov 78-79

Dial A Hearing Screening Test
 Feb 13
 Dialysis Jun 38-39; Sep 13
 "The Diamond Bracelet Mystery"
 Nov 66-68 (fiction-Kid's
 Corner)
 Dietitian Dec 42-47
 Dirt Apr 49, 54 (*Kid's Corner*)
 Disability Jan 8 (Mail Call), 12
 Disclosure Nov 81-82
 Discrimination Jun 91
 "Driven to Distractions" Apr 38-41
 "The Driver's Seat" May 100
 (Reflections)
 Driving Mar 12; Apr 38-41
 safety Nov 12
 type I and Mar 73-75
 Drug interactions Jun 94 (Ask Us)
 DUDLEY, CHRIS Nov 14-19



ars Feb 13;
 infection Sep 77-78 (Ask Us);
 Oct 13-14
 Earthquake Jul 45, 47-52
 (*Kid's Corner*)
 "Eating Healthy Eating Smart"
 Dec 20-23
 Edema Nov 98 (Ask Us)
 Eggs Nov 11
 Endangered species Jun 13
 End-stage renal disease Jun 36, 76
 Environmental Defense Fund Aug 14
 European Nicotinamide Diabetes
 Intervention Trial Feb 19
 Exchange Lists for Meal Planning
 Jun 93 (Ask Us)
 "Excuses" Jul 116 (Reflections)
 Exercise Feb 36-39; Mar 36-39;
 Apr 26-31; Jun 42-45; Aug 42-47;
 Sep 46-50; Nov 44-49
 bronchitis and Dec 74 (Ask Us)
 insulin and May 34-36
 mood and Mar 13
 motivation Dec 48-51

neck no-no? Aug 8 (Mail Call)
research Jul 68-71; Sep 24-25
weight loss and Oct 32-35
Eyes Jan 38; Jul 12; Sep 8
(Mail Call); Nov 11, 12
glaucoma Nov 50-53
research Feb 58-63



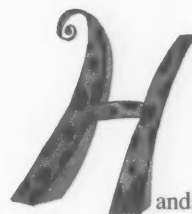
Family of the Year Jan 12; Feb 12;
Jul 16-22; Oct 8 (Mail Call)
Fat Jan 13; Aug 68-70, 73;
recommendations Dec 23
"FeastAmerica!" Jul 38-42
Federal Aviation Administration
Feb 10 (Mail Call)
"Feel Good About You" Jun 28-31
Feet May 40; Sep 25
Fiber recommendations Dec 23
Fiction (*Kid's Corner*)
"Brothers" Jul 48-52
"Cindy Rella and her Fairy
Godbug Apr 50-51, 54
"The Diamond Bracelet Mystery"
Nov 66-68
"A Problem Named Charlie"
Jan 50-51
"Finding a Deeper Strength" Aug 116
(Reflections)
Finger-sticking supplies Oct 68-71
Fingernails Jan 47
First aid May 42
First-phase insulin release Feb 17
"First Settlers" Jan 22-24
Fish and heart disease Mar 73
Fishing Jun 64
*The Fitness Book: For People with
Diabetes* Apr 26-31
"5 Secrets to Better Control"
Aug 24-28
Flexibility Apr 26-31
Flu Sep 40-45
Flu shot Oct 14
Flour Sept 32-37
Food
labels Jun 79-80
stamps Nov 31
Food and Drug Administration Jun 80

Foot sores May 40
Football May 65-68
"For His People" Jan 16-20
Fraudulent sales calls Apr 12
Friendship and longevity Dec 12
Fructose Feb 30-34



ALLEN Dec 24
Gardening May 13
Garlic Jul 12
"Gastric Bypass" Dec 52-57
Gastroparesis Jul 83 (*Ask Us*)
Genes May 60-62; Jul 58-60;
Aug 60-62
Genetics
Non-Insulin-Dependent Diabetes
(GENDID) study Aug 60-62
Type I/Type II Jul 58-60
"Genetics Of Diabetes" Jul 58-60
Germs Apr 49, 54 (*Kid's Corner*)
Gestational diabetes Dec 77-78
"Get Ready, Get Set, Quit"
Mar 24-28
"Get Your Head Ready for Exercise"
Dec 48-51
Glaucoma Nov 50-53
Glucagon Mar 57
Glucophage Aug 20-22
Glucose
brain and Jul 81
tolerance Oct 34
transporters May 34-36
Glutamate decarboxylase (GAD)
Apr 69-72
Glycohemoglobin (GHb) Jan 38;
Feb 67 (*Ask Us*); May 22-25;
Jun 46; Nov 97-98 (*Ask Us*)
GOHDES, DOROTHY Jan 18
Gospel Hall of Fame Nov 77
"Gotta Act" Aug 16-19
Government publication Aug 15
"Graduation Gala!" Jun 52-57
Grandparent Information Center of
the AARP Mar 12

"The Graveyard Shift" Feb 46-49;
Jul 8 (Mail Call)
GREENE, JUDY Jan 30-31
GREGORY, DAVE Dec 14-19
Growth hormones Feb 48



and Jan 49
Harley-Davidson Apr 16-19
"Have You Heard About COBRA?"
Dec 63
HAYES, JONATHAN May 65-68
HbA1C Jan 38; Feb 42; Mar 23
HDL Jan 38-39
Health care reform Feb 23-29;
May 6-10 (Mail Call); Jun 66-72;
Jul 65; Oct 48
Hearing loss Feb 13
Heart disease
fish and Mar 73
women Jul 80
Hemodialysis (*see* Dialysis)
Herbs Mar 40-44
"Here at Last: The New Food Label"
Jun 79-80
HESY-RA Dec 24
High blood glucose (*see* Hyperglycemia)
High blood pressure (*see* Hypertension)
Hispanics Jan 71-72; Feb 55-56, 79;
Sep 59; Oct 16-18, 20-24
HLA-DR gene Apr 22
Hockey Mar 16-19
Honeymoon phase Feb 19; Apr 22;
Sep 78 (*Ask Us*)
Hormones Dec 39-40
"Hospital How-To's" Jul 30-34
Hospitalization Jul 30-34
"How Sweet It Is!" Feb 30-34
"How to Win with Your Insurance
Company" Dec 42-47
Hyperglycemia Jul 24-28
exercise and Jun 43-44
Hypertension Jun 37-38, 84-87
Hyperthermia Feb 37
Hypoglycemia Feb 40, 48; Jul 24-28;
Sep 25
products for treating Oct 76-77
Hypothermia Feb 37

SUBJECT-TITLE

index

Immune system Aug 14
 Immunosuppressant drugs Feb 18
 Impaired glucose tolerance Jan 39
 Impotence Jul 81
 "The In-Between Diabetes"
 Apr 20-24
 Indian Health Service Diabetes
 Program Jan 26-29; Mar 54
 Indians in Medicine (INMED) Jan 24
 Infants Nov 8 (Mail Call)
 Injection
 aids Oct 59-61
 bleeding and Dec 73-74 (Ask Us)
 sites Dec 38-39
 "The Inside Story on Camping Out"
 May 38-42
 Insulin Aug 57-59; Oct 54-56
 analogs Oct 36-40
 antibodies Dec 40
 contamination Jul 83 (Ask Us)
 delivery Oct 57-63
 discontinued Jun 8 (Mail Call);
 Nov 13
 effectiveness Dec 36-40
 exercise and May 34-36; Jul 68-71
 fat storage and Feb 67 (Ask Us)
 first-phase release Feb 17
 intra-nasal Sep 25
 menstruation and Mar 65
 (Ask Us)
 pump Jun 91; Jul 36-37; Oct 57-58,
 60-61
 reaction (*see* Hypoglycemia)
 resistance Jun 84-87; Oct 32
 type II regimens Mar 75-77
 "The Insulin Express" Oct 36-40
 "Insulin's Helping Hand" May 34-36
 Insurance Mar 30-34; Dec 42-47
 Intensive insulin therapy Feb 40
 Intertrigo May 73 (Ask Us)
 Islet cells Oct 107-108
 antibodies Jan 39; Feb 17-20;
 Apr 22
 Isleta/Laguna Pueblo Indians Jan 28

"It's Time to be Heard" Jun 66-72
 Itchy skin Apr 66 (Ask Us); May 73
 (Ask Us)



ABLON, TESS Jul 45-46
 (*Kid's Corner*)
 Jet injectors Oct 60
 Job discrimination Jun 91
 "Join the Legume Boom" Aug 36-40
 Joint Commission on Allied Health
 Personnel in Ophthalmology
 Nov 59
 "Journey of the Spirit" Jan 30-31
 JUMP, GORDON Aug 16-19; Nov 8
 (correction)
 "Just a Drop" Feb 40-44; May 10
 (Mail Call)
 "Just For Teens" Sept 52-55



AM, BRIAN
 Apr 47-48 (*Kid's Corner*)
 Karate Apr 47-48 (*Kid's Corner*)
 KARZ, ZIPPORA May 16-20
 Ketones Sep 43
 exercise and Jun 44
 Kidney disease (*see* Nephropathy)
 Kidney failure (*see* End-stage renal
 disease)
 Kidneys Jun 34-39; Jul 80
Kid's Corner Jan 47-54; Apr 47-54;
 Jul 45-52; Nov 63-70



laboratory tests
 (*see* Tests)
 Lead Jan 12
 "Learning Days" Dec 124
 (Reflections)
 "Learning To Let Go" Oct 144
 (Reflections)

"A Lesson in Love" Mar 100
 (Reflections)
 "Letter to Emergency Room
 Personnel" Jul 36-37
 Library Nov 63, 65, 70 (*Kid's
 Corner*)
 "Life of the Party" Oct 16-18
 The Links, Inc. Nov 59
 Lions Clubs International Nov 59
 Lipids Jan 38
 Lipoprotein(a) Oct 95-97
 "Living the Family Legacy"
 Apr 16-19
Living with Diabetes Mar 12
 Low blood sugar (*see* Hypoglycemia)
 Lunch Apr 32-36
 "Lunch Grows Up" Apr 32-36
 LUND, DOUGLAS Dec 67
 Lung Line of the National Asthma
 Center Jun 14



agnificent
 Seven" Jan 36-39
 "The Man in the Middle" Nov 14-19
 Martial arts Apr 47-48 (*Kid's Corner*)
 "May I Have This...Exercise?"
 Mar 36-39
 Media Nov 22-26
 Medicaid Nov 30-31
 Medical identification products
 Oct 80-82
 Medical Rehabilitation Education
 Foundation Aug 15
 Medicare Mar 30-34; Aug 6, 8-9
 (Mail Call); Nov 30-31
 programs
 Medicare Outpatient Diabetes
 Self-Management Training
 Coverage Act Nov 60
 Qualified Medicare Beneficiary
 (QMB) program Nov 33
 Medication May 49
 Memory Sep 13
 Medigap Mar 30-34
 Menstruation and insulin dose Mar 65
 (Ask Us)
 Metabolic rate and TV Jun 13-14
 Meter accuracy Feb 66 (Ask Us)
 "Meter Mysteries Solved!" Oct 26-28
 Metformin Aug 20-22
 Microalbuminuria Jun 37
 Microwave Mar 34
 Military service Jun 20-26; Sep 6-8
 (Mail Call)

Milk Jun 90-91
 Mineral recommendations Dec 23
 "Mission to Ukraine" Sep 16-20
 Moody Apr 48 (*Kid's Corner*)
 Motorcycles Apr 16-19
 "My Family, My Friends" Jul 16-22
 Myopia Nov 11



Nasal congestion
 Apr 65-66 (Ask Us)
 National Cancer Institute Sep 12
 National Disease Research
 Interchange Feb 62
 National Eye Care Project Nov 32;
 Dec 12
 National Eye Institute Nov 32, 59
 National Headache Foundation
 Oct 14

National Highway Traffic Safety
 Administration Feb 12
 National Indian AIDS Hotline Jan 13
 National Information Center for
 Children and Youth with
 Disabilities Jul 13
 National Institute of Diabetes,
 Digestive and Kidney Diseases
 (NIDDK) Jan 71; Nov 32, 59
 National Institute On Aging Sep 13
 National Institutes of Health Feb 20;
 Nov 59
 National Institute of Mental Health
 Mar 13
 National Kidney Foundation Apr 12
 National SAFE KIDS Campaign
 Feb 12
 National School Lunch Program
 Apr 44-45
 National Stroke Association Mar 13
 Native Americans Jan 16-20, 22-24,
 26-29, 30-31, 32-35, 49
 Navajo sand painting Jan 22
 Nearsightedness (*see Myopia*)
Necessary Toughness May 66-68
 Necrobiosis lipoidica diabetecorum
 Apr 66 (Ask Us)

"Neither Snow Nor Cold. . ."
 Feb 36-39
 Nephropathy Jun 34-39; Jul 80;
 Aug 77; Dec 85-87
 Neuropathy Jun 94 (Ask Us); Dec 40
 "The New Standards" Jun 46-49
 New York City Ballet May 18
 Nicotinamide Feb 17, 19
 Nicotine Mar 22
 '93 *Diabetes Forecast* Subject-Title
 Index Jan 57-70
 '95 *Buyer's Guide to Diabetes
 Supplies* (*see Buyer's Guide*)
 "Not the Big Easy for Diabetes
 Professionals" Sep 22-25
 Numb fingers Mar 65 (Ask Us)
 Nutrition Guidelines Dec 20-23
 Nutrition Activist Hotline of CSPI
 Mar 12
 Nutrition Labeling and Education Act
 of 1990 Jun 79
 Nutrition Notes Jan 41-46; Feb 74-77;
 Mar 79-82, Apr 79-83; May 69-72;
 Jun 107-111; Jul 73-77; Aug
 81-85; Sep 69-75; Oct 99-105;
 Nov 89-94; Dec 89-93

RELIEVE HEEL PRESSURE

with

FOOT-EZE

Hospital Quality Ergonomic
 Therapeutic Bed Pad



Fits single size bed
 Two units fit king

Adjustable length feature

"EXACT SAME PRODUCT
 USED IN HOSPITAL THERAPY"

- Incredible sleeping comfort.
- Relieves painful heel pressure.
- Can be used with hospital beds.
- Helps in the prevention of heel ulcers.
- Companion model available without FOOT-EZE feature.

FOR ORDERS CALL TOLL-FREE:

1(800) 838-9598



SHIPPED IN 5 WORKING DAYS
 Money Orders also accepted



FAIRMED, 11952 Sky Lane, Santa Ana, CA 92621



**2 PREFILLED
 SYRINGE CASES
 FOR \$15.95**
While for Midday Drive
 Black for Evening Drive

**THE WRIGHT
 PREFILLED
 SYRINGE CASE**
Patent No. 5078267

For people on the go, carrying syringes and insulin to work or play has always been an inconvenience. But now the temporary transportation of pre-filled syringes is as simple as carrying a fountain pen. Designed to fit discreetly in a pocket or purse, the Wright pre-filled syringe case can be loaded with the following U-100 syringes:

BRAND	SIZE	FILL LIMIT
B-D	3/10cc	None
B-D	1/2cc	49 Units
B-D	1cc	68 Units
E-Z JECT	1/2cc	40 Units
E-Z JECT	1cc	60 Units
PharmaPlast	1/2cc	None
PharmaPlast	1cc	68 Units
TERUMO	1/4cc	None
TERUMO	1/2cc	None
TERUMO	1cc	70 Units

Name _____

Address _____

City _____

State _____

Zip _____

Telephone _____

Money Back Guarantee

Make Checks or Money Orders Payable To:
 LLW Enterprises, Inc.
 P.O. Box 591353
 Houston, TX 77259-1353
 Phone (713) 480-1506

Price \$15.95
 per order

Texas residents add \$1.31 sales tax per order. Includes postage and handling. Each order includes one white and one black Wright's pre-filled syringe case.

Terumo is a trademark of Terumo Medical Corp., B-D is a trademark of Becton Dickinson, PharmaPlast is a trademark of Pharma-Plast (USA) Inc., E-Z JECT is a trademark of A+ Med.

SUBJECT-TITLE

index



obesity Dec 52-57
 Ocular hypertension Nov 52
 treatment study (OHTS) Nov 53
 O'MALLEY, MEAGHAN Feb 16-20
 O'MALLEY, MOLLY Feb 16-20
 "On, In, or Near the Water"
 Jun 60-64
 Oral contraceptives Apr 65 (Ask Us);
 Dec 78-79
 Order of the Amaranth May 55
 Organ donation Feb 62; Apr 12
 Osteoporosis Aug 15
 "The Other Eye Disease: Glaucoma"
 Nov 50-53



ADILLA, KENNETH
 Jan 16-20
 Panic disorder Mar 13; Sep 8-10
 (Mail Call)
 PARACELUS Dec 25
 "Parent + Teacher = Health Child"
 Sep 26-30; Dec 6 (Mail Call)
 Parents May 30-33
 Pasta Sep 32-37
 PAVLOV, I.P. Dec 26
 "Peanut Butter (Where the Fat's At)"
 Aug 68-70; Dec 8 (Mail Call)
 Peritoneal dialysis (see Dialysis)
 Persia May 26-29
 "Persia on a Platter" May 26-29
 Personality profiles
 ADCOCK, DONNA May 16-19
 BAKER, DYLAN Apr 47-48
 (Kid's Corner)
 BECKNER FAMILY Jul 20-21
 BONILLA, HENRY Feb 79

BUTTERFIELD FAMILY Jul 22
 CARROLL, ANDREA Sep 16-20
 CLARKE, BOBBY Mar 16-19;
 Jul 10 (correction)
 DAVIDSON, BILL Apr 16-19;
 Jul 8 (Mail Call)
 DUDLEY, CHRIS Nov 14-19
 GREENE, JUDY Jan 30-31
 GREGORY, DAVE Dec 14-19
 HAYES, JONATHAN May 65-68
 JABLON, TESS Jul 45-50
 (Kid's Corner)
 JUMP, GORDON Aug 16-19;
 Nov 8 (correction)
 KAM, BRIAN Apr 47-48
 (Kid's Corner)
 KARZ, ZIPPORA May 16-20;
 Aug 6-8 (Mail Call)
 O'MALLEY, MEAGHAN
 Feb 16-20
 O'MALLEY, MOLLY Feb 16-20
 PADILLA, KENNETH Jan 16-20
 POPE FAMILY Jul 21-22
 RIEGER, DANIEL Apr 47-48
 (Kid's Corner)
 RILEY FAMILY Jul 19-20

Diabetic's
 Sugar-Free
 INDULGENCE

DJ's Sugar-Free Sweets™

Quantity	Description	(*Kosher)	Each	Total
	Peanut Brittle (12 oz.)		\$ 6.75	
	Assorted Jelly Beans (12 oz.) *		\$ 7.75	
	Assorted Gummi Bears (12 oz.) *		\$ 6.00	
	Almond Pecan Popcorn (12 oz.) *		\$ 11.50	
	Assorted Hard Candy (12 oz.) *		\$ 5.75	
	Starlight Mints (12 oz.) *		\$ 7.00	
	Choc. / Van. Caramels (12 oz.) *		\$ 7.00	
	Boxed Truffles (9 oz.) *		\$ 10.75	
	Boxed Assorted Chocolates (15 oz.) *		\$ 18.00	
	Menthol Cough Drops (12 oz.) *		\$ 7.00	
SHIPPING / HANDLING				
Under \$10.00	add \$2.98		Sub Total	
\$10.01 - \$20.00	add \$3.98		Shipping	
\$20.01 - \$30.00	add \$4.98		(see chart)	
\$30.01 - \$40.00	add \$5.98		NYS Residents	
\$40.01 - \$50.00	add \$6.98		add 8.5 % Sales Tax	
\$50.01 - \$60.00	add \$7.98		Total Price	
Over \$60.01	FREE Shipping			

Payment Method: ☐ CHECK ☐ MONEY ORDER

Shipping Instructions:

Name: _____ DJ's Sugar-Free Sweets™
 Address: _____ Apt. No.: _____ P.O. Box 62
 City: _____ State: _____ Ronkonkoma, NY 11779
 Zip Code: _____ 800-825-7535 PIN# 7953
 Customer Phone Number: _____ 516-231-0551 FAX

These delicious chocolates and candies are especially useful to the Diabetic on a restricted diet.

MOVING?

Give us your name and address 6 weeks before you move, so you won't miss a single issue of *Forecast*.

Attach the address label from a recent Diabetes Forecast magazine:



Clearly print your new address below.

NAME

ADDRESS

CITY

STATE

ZIP CODE

Send to the American Diabetes Association, Membership Center, P.O. Box 2055, Harlan, IA 51593-0238

RINEHART, THOMAS

Nov 63-64 (*Kid's Corner*)

SCHOCH, ANITA Jul 19

WIDDISON, TIFFANY Jan 47-48

(*Kid's Corner*)

Pets Apr 13

Phantom Pains Feb 65 (Ask Us)

Pharmacist May 48-50

Philately Dec 27

Pima Indians Jan 28

Pilot license Feb 10

Plants and indoor air Dec 12

Pollen Apr 12

POPE FAMILY Jul 21-22

Poverty Nov 29-34

POWELL, JANET Jun 76

Pregnancy Jan 12

"Presents from the Past" Jan 32-35

President's Committee on Employment
of People with Disabilities Jan 12

Prevent Blindness America Nov 12

"A Problem Named Charlie"

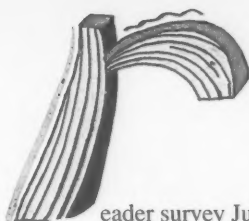
Jan 50-51 (*fiction-Kid's Corner*)

Proinsulin Apr 23

Protein Aug 77; Sep 78 (Ask Us)

recommendations Dec 22

Pueblo Indians Jan 28



Reader survey Jul 66;

Nov 78-82

Recipes

Acorn Squash with Cranberry

Sauce Dec 33-34

Angel Food Cake Dec 34

Arroz con Leche Oct 24

Barley Soup May 28

Basic Egg Pasta Sep 36

Basic Pasta Recipe Sep 34-35

Broccoli Cauliflower Salad Jun 55

Chicken Kabob May 28-29

Chicken with Tomatoes Oct 23-24

Chilled Tomato Soup Mar 43

Clam Chowder-Style Soup Jul 40

Colorful Pasta Salad Apr 36

Connecticut Mohegan Succotash

Jan 34-35

Corn Bread Jul 42

Cornish hens Baked in Cider

Dec 32

Couscous Topped with Almonds
Feb 33

Cranberry-Orange Relish Jewels
Nov 42

Cranberry Sparkler Nov 43

Crusty Rosemary-Garlic Potatoes
Dec 32

Ensalada de Jicama Oct 23

Flank Steak for Sandwiches

Apr 35-36

Flour Tortillas Oct 22

Fresh Tomato Sauce Sep 36-37

Fruit Surprise Cornmeal Muffins

Feb 33-34

Fruited Yogurt Dessert Jun 57

Green Beans Amandine Dec 34

Grilled Salmon with Sweet and

Sour Sauce Jul 40-41

Heartland Vegetable Salad with

Vinaigrette Dressing Jul 41-42

Heavenly Orange Cheesecake

Feb 34

Herb Spread Mar 44

Holiday Snow Peas Dec 33

Jicama Salad Oct 23

Lemon Moon Drop Cookies

Feb 34

Lemon Sauce Apr 36

FREE...
4-MONTH DAILY LOG BOOK
1-800-762-8026

DATE:	AM:	PM:
BLOOD LEVEL:		
INSULIN:		
NOTES:		
DATE:	AM:	PM:

**OFFER
EXPIRES
APRIL 1, '95
(1-PER HOUSEHOLD)
FOR INSULIN-
USING DIABETICS**

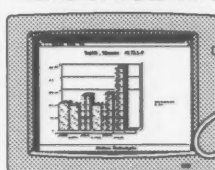
LIBERTY

**GLUCOSE
LEVEL
CHECKS**
YOUR DAILY PERSONAL
FOUR-MONTH LOG BOOK

FROM:
THRU:

**LIBERTY
MEDICAL SUPPLY**

Transfer Data Directly To Your PC From Your



One Touch II

With

BioStore® L

Now Used at Major Hospitals!

- ✓ EASY TO INSTALL & EASY TO USE
- ✓ EASY-TO-READ HIGHLIGHTED PRINTOUTS
- ✓ TRACKS GLUCOSE, INSULIN, KETONES, & NOTES
- ✓ MOTIVATIONAL CHARTS WITH AVERAGING & TRENDS
- ✓ EASY BUILT-IN HELP
- ✓ GENERATE SELF-CARE DIARY AUTOMATICALLY
- ✓ TRANSFER DATA VIA MODEM TO YOUR DOCTOR

Only: **\$49.95**

Ask About Our Software
Trade-In Program

No One Touch? Enter Data Manually with BioStore Basic- \$39.95

Available from: **Sugar Control Center**
1-800-316-0086 (ORDERS ONLY)
VISA, MasterCard, Discover

The Sugar Substitute
1-800-435-1992(ORDERS ONLY)
VISA, MasterCard, American Express, Discover

For Information Call (805) 250-9709

For IBM and Compatible PCs. Please Specify **Windows or DOS** Version
Supports all Standard PC Communications Ports (1 thru 4)

BioStore is a Trademark of BioStore International, Inc. One Touch is a Registered Trademark of Lifescan Inc. All other Marks are the Property of their Respective Owners.

SUBJECT-TITLE

index

Lentil Meal in a Pocket Aug 39
Lentil Salad May 28
Mexican Pizza Jun 56-57
Mushroom Appetizer Jan 34
Nut and Seed Butters Jan 35
Old Glory Fruit Cup with Topping
Jul 42
Orange-Glazed Chicken Feb 32
Orange Mint Slaw Mar 43-44
Oven-Made Apricot-Wild Rice
Stuffing Nov 42-43
Party Black-Eyed Pea Dip
Aug 38-39
Party Pumpkin Pie Nov 43
Pathfinder Bread Jan 35

Pico de Gallo Oct 22
Pico de Gallo Dip Oct 22
Pollo con Tomates Oct 24
Quick, Easy Soup Apr 36
Rice May 29
Rice with Milk Oct 24
Roast Pork Tenderloin with
Rosemary Mar 43
Roast Turkey Nov 40
Robyn's Split Pea Soup Aug 39
Sangria Slush Jun 57
Savory Summer Salad Aug 40
Seasonal Salad May 28
Smashed Potatoes Nov 42
Soft Tacos Jun 55-56
Sopa de Calabacita Oct 23
Southwestern Apple Salad
Jun 54-55
Spicy Black Bean, Corn, and
Tomato Salsa Jul 40
Spicy Marinade Mar 44
Spinach or Carrot Pasta Sep 36
Spinach Prune Stew May 29
Stewed Tomatoes Jan 34
Strawberry Onion Salad with
Poppyseed Dressing Feb 33
Stuffed Sweet Potato Apr 35
Stuffed Zucchini Mar 44

Tomato and Tuna Sauce Sep 37
Tortillas de Harina Oct 22
Tropical Waldorf Salad Apr 35
Turkey Bean Chile Aug 39-40
Turkey Gravy Nov 40-42
Very Berry Soup Feb 32
Wild Rice Salad Jul 41
Zucchini Soup Oct 23
"Recognizing Quality" (ADA-recog-
nized programs) Jan 92-98;
Apr 100-107; Jul 88-94; Sep 10
(Correction); Oct 136-143
Recycling Aug 14
Reflections
"Above Sea Level" Nov 132
"Always Thinking" Jun 132
"The Driver's Seat" May 100
"Excuses" Jul 116
"Finding a Deeper Strength"
Aug 116
"Learning Days" Dec 124
"Learning To Let Go" Oct 144
"A Lesson in Love" Mar 100
"Six Years" Feb 100
"Tummy Aches" Sep 108
"The Wall" Jan 100; Apr 8
(Mail Call)
"Why Me?" Apr 108

SUCCESSFUL MANAGEMENT of IMPOTENCE

Millions of couples across the U.S., have restored sex into their relationship without surgery, drugs or injections. IMPOTENCE is a treatable condition, and this device can help you.

FDA Registered • Sold by prescription only!

*Suggested
Retail \$245*

*30 Day Trial
Period*

*Money Back
Guarantee*

*Lifetime
Warranty on
Major Parts*



VETCO, INC.
VACUUM ERECTION
TECHNOLOGIES

Medicare

Patients

Pay Only

\$51.00

Co-pay!



CALL 1-800-827-8382 for FREE Information

Special Offer!

3-MONTH DAILY LOG BOOK

(Actual Size: 7" x 4")

This handy 30 pg., pocket-sized log book will track your blood glucose readings, insulin dosage, ketones, meals, etc.

7-DAY PILL ORGANIZER

(Actual Size: 6 1/4" x 1 1/4")

This convenient pill organizer, adapted for the visually impaired, locks a week's prescriptions into separate daily compartments.

- ☐ 1 log book **\$1.50**
- ☐ 4 log books (year supply) **\$3.50**
- ☐ 1 pill organizer **\$1.00**
- ☐ 1 pill organizer + 4 log books **\$4.00**
(save **\$3.00**, plus we pay handling fees.)

[Handling fee of \$0.75 per order unless otherwise stated.]

Send with your check or money order to:

Universal Self Care, Inc.

P.O. Box 21735, Roanoke, Virginia 24018

For Visa/MasterCard: **1-800-847-4383**

Name _____
Address _____
City _____ State _____ Zip _____
Phone () _____

Relaxation Apr 60
 immune system and Aug 14
 "Remembering His Roots" Feb 79
 Research Apr 44; Jun 75-76
 alpha cells Mar 56-59
 amylin Dec 79
 atherosclerosis Aug 72-74
 Black Americans Apr 20-24;
 Jun 84-87; Aug 78; Oct 95-97;
 Nov 85-87
 blood pressure Jul 80
 discrimination Jun 91
 exercise Jul 68-71
 fish and heart Mar 73
 funding and Nov 59
 gallbladder disease Apr 59
 genetics of type II Apr 44
 gestational diabetes Dec 77-78
 glutamate decarboxylase (GAD)
 Feb 55; Apr 69-72
 grants May 54
 glucose Jul 81
 heart disease Jul 80; Nov 60
 hypertension Jun 84-87
 hypoglycemia Mar 56-59; Sept 25
 implantable insulin pumps Jun 91
 impotence Jul 81
 islet cells Oct 107-108

kidney transplants Aug 77-78
 milk Jun 90-91
 obesity Sept 64-67; Nov 85-87
 oral contraceptives Dec 78-79
 protein Aug 77
 retinopathy Feb 58-62; Mar 77;
 Apr 59-60; Sept 24-25
 smell Jun 89-90
 type I
 driving and Mar 73-75
 prevention Nov 60
 type II and insulin Mar 75-77

Researchers

ALLISON, DAVID B. Nov 85-87
 BELL, GRAEME May 58-62
 CRAVEN, PATRICIA Dec 85-87
 DEPAOLI, ALEX May 58-62
 FRIED, SUSAN Sep 64-67
 GOODYEAR, LAURIE J. Jul 68-71
 KAUFMAN, DANIEL Feb 55;
 Apr 69-72
 KENDALL, DAVID Mar 58-59
 LORENZI, MARA Feb 58-62
 ROBERTSON, PAUL Mar 56-59
 ROY, SAYON Feb 58-62
 SAAD, MOHAMMED F. Jun 84-87
 SCHEER, W. DOUGLAS Oct 95-97
 STAPRANS, ILONA Aug 72-74

Retinopathy Mar 77; Apr 59-60
 exercise and Jun 93-94 (Ask Us)
 "A Return to Tradition" Jan 26-29
 Reynolds Turkey Information Nov 43
 RIEGER, DANIEL Apr 47-48
 (Kid's Corner)
 RILEY FAMILY Jul 19-20
 RINEHART, THOMAS Nov 63-64
 (Kid's Corner)
 ROCCIA, HELEN Dec 54-55



Safe toys Nov 12
 Safety Belt Safe U.S.A. Feb 12
 Safety belts Nov 12
 Salmonella enteritidis Nov 11
 San Felipe Indian Pueblo Jan 16-20

USING A GLUCOSE METER?

Now there is an easy way
 to transfer your blood
 sample!



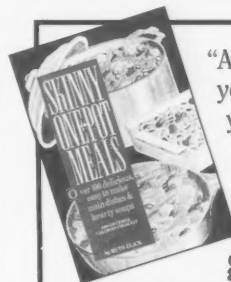
With TRANSFER-EASE transfer pipets you will be able to transfer your blood sample with ease. These unbreakable and disposable pipets facilitate the transfer of blood to the target area of the test strip from your finger. They are easy to use and come with complete easy-to-follow directions.

Call or write for a free sample and pricing information today.

TRANSFER-EASE, INC.

201-357-0114

PO Box 108, Emerson, NJ 07630-0108



"Add *Skinny One-Pot Meals* to your cookbook collection if you're cooking for someone who has diabetes..." and

"wait until you get a whiff of the chicken and mushroom sauce over pasta..." —*Diabetes Forecast*

Skinny One-Pot Meals features over 100 easy high-taste, low-fat, one-dish meals like "Shepherd's Pie," "Beef Stroganoff," even "Pasta Vasule."

Exchanges and nutritional for each recipe.

Price \$15.95 (includes shipping & handling)

FOR EASIER ORDERING CALL 1-800-326-4430

Please send me _____ copies of *Skinny One-Pot Meals*

Name _____ Address _____

City _____ State _____ Zip _____

Enclosed is my check/money order for \$ _____

Visa/MasterCard # _____

Exp. date _____ Signature _____

Send to: Surrey Books, 230 E. Ohio St., Suite 120, Dept. DF, Chicago, IL 60611
 Books shipped within 60 days. Satisfaction guaranteed or your money back.

SUBJECT-TITLE

index

SCHOCH, ANITA July 19
 School Sep 26-30
 Scientific Sessions Sep 22-25
 SCUBA diving Jun 63; Nov 6-8
 (Mail Call)
 Seat belts Mar 12
 Self-esteem Sep 52-53
 Seltzer water Jun 93 (Ask Us)
 Seneca Iroquois National Museum
 Jan 30-31
 SERRANO-MILLET, CONNIE
 Oct 16-18
 Shift work Feb 46-49

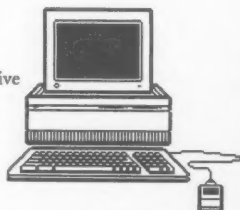
Shoes Apr 13; Sep 12, 25
 spray Oct 14
 Shoulder pain Dec 73 (Ask Us)
 "Sick Day Strategies" Sep 40-45
 Sign language May 16-19
 SIMINERIO, LINDA M. Dec 68
 "Singing a Silent Song" May 16-19
 Sinuses Apr 65-66 (Ask Us)
 Sioux Indians Jan 28
 "6 Secrets of Successful Parenting"
 May 30-33
 "Six Years" Feb 100 (Reflections)
 "The Sixth Sense" Jul 24-28
 Sleep apnea syndrome Jan 13
 "Smart Operators" Jun 34-39; Sep 10
 (correction)
 Smell Jun 89-90
 Smoking Mar 20-23, 24-28; Aug 64-65
 Snoring Jan 13
 Snorkeling Jun 63
 Soap Apr 47, 54 (*Kid's Corner*)
 Spanish educational materials Aug 15
 "Spoonful of Sugar" May 44-46;
 Aug 10 (Mail Call)
 Sports: Young Athletes Mar 19
 "Stamping Out Diabetes" Dec 24-28

Stamps Dec 24-28
 Standards of care Jun 46-49
 "Start a Revolution" Aug 42-47
 STEIN, WALTER Apr 45
 "Stopping Those Swingin' Sugars"
 Dec 36-40
 Stress Oct 10 (Mail Call); Dec 40
 memory and Sep 13
 Stretching Apr 26-31
 Stroke Mar 13
 Stuttering Foundation of America
 Jun 14
 Sucrose Feb 30-34
 Subject-Title Index (1993) Jan 57-70
 Sugar May 44-46
 Sulfonyleureas Aug 20
 Sun Jul 13
 sensitivity Jul 83 (Ask Us)
 Support Apr 10 (Mail Call); Jul 8-10
 (Mail Call)
 Sweetener recommendations
 Dec 22-23
 Syndrome X Aug 78
 Syringes Oct 57-58

MedMaster™

Diabetes Monitoring System for Windows™

- ◆ Easy to use TRUE Windows™ interface
- ◆ Powerful meter uploading from ONE TOUCH II™
- ◆ Tracks all types of data critical for diabetic control
 - ◆ Exchanges
 - ◆ Test Results
 - ◆ Medication
 - ◆ Appointments
 - ◆ Activities
 - ◆ Diary Entries
- ◆ Superior reporting and graphing functions with glucose statistics, averages, and trend analysis
- ◆ Multiuser capable
- ◆ Automatic data transfer to popular programs
- ◆ On-line HELP - context sensitive
- ◆ Awesome 138 page manual you may never need
- ◆ Powerful calendar features
- ◆ Weight control features
- ◆ FAX report capable
- ◆ Phone support
- ◆ Plus much more



GENERATION
 SOFTWARE CORPORATION

P. O. Box 363
 Bloomingdale, IL 60108-9931

1-800-455-4GSC

Standard program \$59
 Meter upload version \$79
 S & H included

Return for credit within 15 days of shipment, if software has not been opened.

VOLUNTEERS WITH DIABETES ARE NEEDED

An investigational drug for Diabetes complications is being tested across the United States.

*IDDM,
 ages 22-50,
 with protein
 spilling not
 yet on dialysis*

*NIDDM,
 ages 41-60,
 with protein
 spilling not
 yet on dialysis*

Call:
VOLUNTEER FOR HEALTH
1-800-449-1937



-cell Apr 71
Taos Pueblo Jan 29
Taste and genetics Oct 14
Teacher Sep 26-30
"Team Thanksgiving" Nov 38-43
Teens Sep 52-55
"The Test with a Memory" May 22-25;
Aug 10 (Mail Call)
Tests Jan 36-39
glycohemoglobin May 22-25
strips Oct 28
Thailand Aug 30-35
"A Thailand Fling" Aug 30-35
THOMAS FAMILY Jul 20
Tight control Apr 61-62
"To Your Health" Feb 22-29
Tobacco Dec 39
Tranquilizers and driving Mar 12
Transplant
islet cell Oct 107-108
kidney Jun 39; Aug 77-78
pancreas Mar 56
Travel Mar 47-50; Apr 38-41;
May 38-42; June 60-64;
Aug 30-35
dialysis and Sep 13
Triglycerides Jan 38-39
"Tummy Aches" Sep 108
(Reflections)
Type I Feb 16-20
driving and Mar 73-75
personality profiles
BAKER, DYLAN Apr 47-48
(Kid's Corner)
BECKNER FAMILY Jul 20-21
BUTTERFIELD FAMILY
Jul 22
CARROLL, ANDREA
Sep 16-20
CLARKE, BOBBY Mar 16-19;
Jul 10 (correction)
DAVIDSON, BILL Apr 16-19;
Jul 8 (Mail Call)
DEER, CANDI Aug 49-50
DUDLEY, CHRIS Nov 14-19
GREGORY, DAVE Dec 14-19

HAYES, JONATHAN
May 65-68
JABLON, TESS Jul 45-46
(Kid's Corner)
KAM, BRIAN Apr 47-48 (Kid's
Corner)
KARZ, ZIPPORA May 16-20;
Aug 6-8 (Mail Call)
MALECHA, MARY JO
Aug 51-52
O'MALLEY, MEAGHAN
Feb 16-20
O'MALLEY, MOLLY Feb 16-20
POPE FAMILY Jul 21-22
RIEGER, DANIEL Apr 47-48
(Kid's Corner)
RILEY FAMILY Jul 19-20
RINEHART, THOMAS
Nov 63-64 (Kid's Corner)
WIDDISON, TIFFANY
Jan 47-48 (Kid's Corner)
WILLIAMS, MARION Nov 77

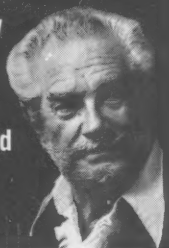
Type II
genetic research Aug 60-62
insulin regimens Mar 75-77
Native Americans and Jan 16-20,
22-24, 26-29
oral medications Aug 20-22
personality profiles
ADCOCK, DONNA May 16-19
GREENE, JUDY Jan 30-31
JUMP, GORDON Aug 16-19;
Nov 8 (Mail Call)
PADILLA, KENNETH Jan 16-20
RILEY FAMILY Jul 20
SERRANO-MILLET, CONNIE
Oct 16-18
research Jul 80; Sep 65
vitamins and Sep 77 (Ask Us)



krainian Diabetes Project
Sep 16-20
Ultraviolet radiation Jul 13
U.S. Department of Agriculture
Jun 80
Meat and Poultry Hotline Nov 43
Urinary tract infection Sep 13
Urine testing Jan 38
products Oct 78-79

IMPOTENCE IS TREATABLE

"I want every
impotent
man to have
this device
so we reduced
the price"



Foster Brooks
TV and Movie Star

VACUUM THERAPY
\$169.95

PAYMENT TERMS AVAILABLE
WE ACCEPT ALL PRESCRIPTIONS

MEDICARE APPROVED
WE WILL HELP YOU FILE

FOR YOUR BROCHURE CALL TOLL FREE
1-800-221-6603

OR WRITE TO:

ENCORE, inc.
MEDICAL PRODUCTS CENTRE
2300 Plantside Drive Louisville, KY 40299-1928

HEALTHY EATING!
Mmmmm!
SUGAR-FREE
GOURMET DIET FOODS

only from
**the Diet
Shopper**

Mouth-Watering Choices:

- Key Lime Pie
- Cheesecakes
- Mousse Mixes
- Fruited Cakes
- Much More!

The Largest Selection of:

- Sugar Free NutraSweet® Products*
- Diabetic, Low Fat, Cholesterol Free & Sodium Free Foods

FREE 24-page color catalogue

Just write to: Calco Food Co., Inc.
3540 W. Jarvis, Skokie, Illinois 60076

NAME _____

ADDRESS _____

CITY & STATE _____

ZIP _____

*NutraSweet® is a registered trademark of the NutraSweet Co.

ELEGANT MEDICAL I.D. JEWELRY
In 14 Karat Gold

Style 85 \$150
Style 50 \$300
Style 40 \$375
Style 20 \$260
Style 10 \$210

*"To wear at all times...
Not just because it's necessary,
But because it's beautiful."*

Custom engraved with your medical condition, allergy, medication or other needs.

To order, or request free brochure showing complete line,
Call Toll Free 1-800-669-7311
or write to:

Goldware
P.O. Box 22335
San Diego, CA 92192

Sterling Silver also available

Can you improve on a healthy diet?

Yes, with DiaVite™ Plus!

DiaVite Plus supplies 100% of the US RDA for all vitamins, plus essential minerals and trace elements.

DiaVite Plus is a high potency antioxidant formula, with levels of Vitamin C, E, and beta carotene that are 2 to 10 times greater than in standard multivitamin preparations.

DiaVite Plus can be purchased at many drugstores or direct from Medicoool.

Get a 5-day sample for \$3.00 or order a 30-day supply for only \$16.95 by calling 1-800-DIA-VITE (1-800-342-8483)

Make check payable to: MEDICOOL, INC.
23761 Madison St., Torrance, CA 90505

For more information, call Jordan Medical at (800) 541-1193.

SUBJECT-TITLE
index



vacation (see Travel)
VALDEZ, LORRAINE Jan 28
Veterans Health Administration
Jul 64-65; Sep 60; Nov 30-31
Visual impairment Oct 61-63
Vitamins Sep 77 (Ask Us);
recommendations Dec 23
Volunteers needed
Black Americans Apr 24; Oct 97
eyes Jun 14
glaucoma Nov 53
lipoprotein(a) Oct 97
neuropathy May 13
obesity Nov 87
retinopathy Jun 14
type I prevention Feb 20;
Apr 10 (correction)
type II Aug 62
VON SWEITEN, GERHARD Dec 25-26



walking Dec 13
"The Wall" Jan 100 (Reflections)
Water
activities Jun 60-64; Aug 8
(Mail Call)

Weight loss Oct 32
gaining weight back May 73-74
(Ask Us)
"Welcome Aboard" Mar 46-50
"When Losing Weight Can Wait"
Oct 32-35
"When the Workout Is Out"
Jun 42-45
"Where There's Smoke... There's
Complications" Mar 20-23
"Why Me?" Apr 108 (Reflections)
WIDDISON, TIFFANY Jan 47-48
(Kid's Corner)
WILLIAMS, MARION Nov 77
"A Willing Heart" Feb 50-53
Windchill Feb 39
"Wired for Sound" Dec 14-19
WISHNER, KATHLEEN Dec 67-68
Women, Infants and Children
Programs Nov 31
"The World's Greatest Pasta Yours!"
Sep 32-37



Yoga for Flexibility and
Relaxation" Nov 44-49
"Your Friendly Pharmacist"
May 48-50
Youth Leadership Congress Jul 65



Zippora Karz:
"Toeing the Line" May 16-20

